

# Rights Review

Newsletter of the DDS Human Rights Advisory Committee  
and the DDS Office of Human Rights

## The Achievement Edition

Volume 9 Issue 1

January 2020

### ACHIEVEMENT

An achievement is something accomplished successfully through effort, courage and strength. Achievement means first choosing a goal, then developing a plan to meet it. Goals can be difficult to achieve if the plan does not include supports to hold us accountable, track our progress and keep us motivated. As family, friends, advocates and caregivers who struggle to achieve our own goals, we must understand how important it is to support the pursuits of those we care about.

When supporting someone to achieve a goal, we must learn what inspires and motivates them. We must also support them to plan for and overcome obstacles and setbacks. Most importantly, we must help the person to understand that achievement takes time and patience.

This issue of **Rights Review** highlights a few courageous people who were determined to achieve their goals. The issue also offers tips for supporting others to explore their goals, proclaim their aspirations and pursue their greatest dreams.

Start where you are.  
Use what you have.  
Do what you can.

~ Arthur Ashe

### The Perfect Job

By: Becky Christie



**Clare Sullivan** was in search of the perfect job—one that would allow her to interact with people in a place where she would feel valued and appreciated for her skills, abilities and sense of humor. Clare also wanted a job with paid vacation time, paid sick time and paid holidays. She did not want to work on Saturdays.

After proclaiming her goal, Clare set out to achieve it. She developed a plan and worked with her job coach, Heather, to search online postings. After a successful interview, Clare was hired as a receptionist at the DDS Northeast Regional Office in Danvers where she greets people as they enter the lobby and directs them to where they need to go. Clare is proud of her achievement and says, “I really like my job. It’s good to be out in the world doing new things and meeting new people. It makes me feel good to help people.”

Clare’s achievement is the result of hard work, courage and determination. With a good plan and a little support, Clare found the job she was looking for. She now looks forward to the weekdays and is delighted to have her Saturdays off.

# Roon's World

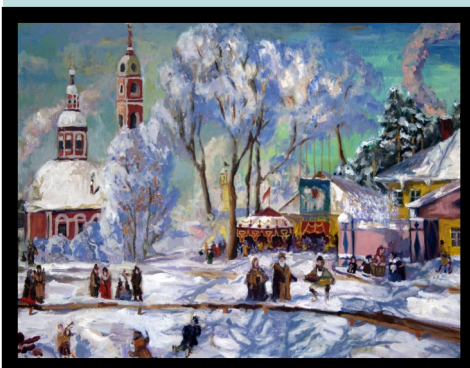


By: Patrick Loew

**Arunim ("Roon") Das** is a talented young artist from North Attleboro. He currently works at the Mansfield Redemption Center where he is coming up on his 1-year anniversary. Since his start at the center, Roon's co-workers have learned a lot about his talents and hobbies.

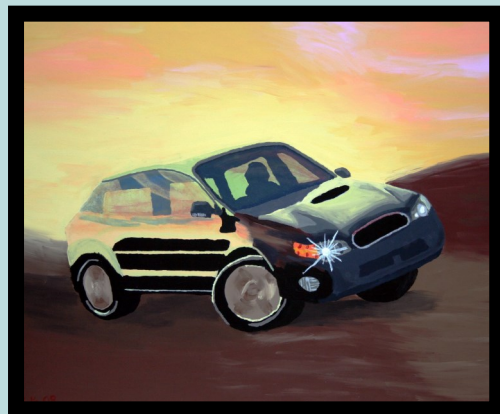
Roon is a hard-worker. In addition to his job at the redemption center, he also works two days a week providing office support at the local YMCA. Outside of work, Roon's passion for the arts is really able to shine. Roon began painting professionally in 2005. He also developed and launched his own website, **Roongallery.com**, where he displays and sells his art. Roon uses his website as a springboard to share his talents with the world.

Whenever possible, Roon participates in craft fairs and other opportunities to connect with people and showcase his art, which include personalized greeting cards and prints in various sizes. Roon's preferred subject matter for his paintings is landscapes, but the landscapes Roon paints are the ones he sees during the many trips he takes around the world. Roon travels the world with his family and paints the images that inspire him. Most recently Roon visited Iceland and Machu Picchu. He is planning a trip to Buenos Aires in the near future.



Roon does all his painting from memory and prefers to use the technique of pointillism, which was made famous by Georges Seurat and Paul Signac. Using

this technique, Roon strategically applies distinct dots of color in patterns on his canvas to form an image.



Roon has an art studio in the basement of his home. The soothing sound of waterfalls can be heard throughout the room and special lighting helps Roon to focus on his work.

Roon continues to perfect his craft. He occasionally consults an art teacher to help enhance his skills and perfect his technique. Roon is a welcomed addition to the Mansfield Redemption Center team and his co-workers, friends and support staff look forward to learning more about his talents.



**TED**  
IDEAS WORTH SPREADING

Watch: "Embrace the Shake"

[www.ted.com/speakers/phil\\_hansen](http://www.ted.com/speakers/phil_hansen)

As an art student, Phil Hansen's intense style of pointillism led to a tremor in his hand and a diagnosis of nerve damage. Devastated, he dropped out of art school and lost his way...until a neurologist suggested he "embrace the shake."

That piece of advice tweaked Hansen's point of view and sent him on a quest to invent different approaches to making art by embracing personal and universal limitations.



## Katherine Stone

*Katherine ("Kat") Stone is a well-known and well-respected self-advocate from West Springfield. She is a member of the Self-Advocacy Network (SAN) and currently serves as Regional Representative to the Massachusetts Advocates Standing Strong (MASS) self-advocacy work team. Kat is also the second Vice Chair of the MASS board. Kat recently sat down with us to share her experience as Mistress of Ceremonies for the Central/West Regional Human Rights Forum, and how she tackled her fear of public speaking.*

### 1. What are you most proud of?

I am proud of how far I've come. I used to have a lot of anxiety, stress, sadness and depression. I always thought I was a 'monster.' I used to take things out on people even if they were trying to help me. I would hurt people and sometimes I would try to hurt myself. I didn't like that part of me. I worked on it. I worked on my temper, my anger and how to express myself more. I put myself through DBT classes and joined a self-advocacy group. I'm proud of who I am now. I feel comfortable sharing my feelings with my self-advocacy friends and my staff. Last night was a good example. I went to my self-advocacy meeting and I was feeling off. Instead of keeping it to myself, I told everyone how I was feeling just in case they picked up on something. I didn't used to do that. I used to keep everything in and then take it out on everyone. I've come a long way.

**"You just need positive role models and people who believe in you."**

### 2. How did you achieve your goal to become a public speaker?

I always wanted to be a speaker, but I was afraid. I decided that I wanted to work on it, so I talked to my staff, my therapist and people in my self-advocacy group. They believed in me and encouraged me. They helped me to write out what I was going to say, and they let me practice in front of them. They helped me get ready for the Human Rights Forum. I was the Mistress of Ceremonies. I was so proud of myself that day.

### 3. What did it feel like to be the Mistress of Ceremonies?

I was really nervous at first, but I took a deep breath and looked for people I knew in the room. I saw people like Amber, Vicky, Ness and Jen. They believed in me and were encouraging me. People kept clapping and telling me I was doing a good job. During lunch, people were telling me I how awesome I was doing. They were giving me energy to feel good about myself. It was awesome! I would love to do it again.

### 4. What advice do you have for others who have similar goals to speak in front of a crowd, but are too afraid to try?

Even if you're afraid of doing it, you can do it. Just try it. You just need positive role models and people who believe in you. I know how it feels to be nervous and go up in front of people. If it feels uncomfortable, look at someone in the audience who believes in you and know that they are not judging you. I was always ashamed of the way I talked and felt like people were judging me because I sometimes had a hard time reading things. It doesn't matter what other people think. It just matters what I think.

### 5. What advice do you have for people who think they are "too disabled" to achieve their dreams and live the lives they want to live?

I would say, 'Don't say that about yourself!' Just believe in yourself. It doesn't matter what other people think about you. Even if you have a disability, it doesn't mean that you can't do what other people can do. My dream is to live in my own apartment. I'm working on it. I want my own space and to be able to cook for myself and other people if they come over. I don't want to have to worry about what other people are doing or their behavior. I know I will get there. I believe in myself. There are a lot of people who believe in me. That's all that matters.

# The DDS Northeast Regional Diversity Committee

presents

## “ I CAN DO THAT...”



***Tuesday, March 31, 2020***

***Hogan Regional Center Auditorium***

***450 Maple Street***

***Hathorne, MA***

**10:00am - 12:30pm**

Please join us as we showcase the skills and abilities of some of the individuals we support here in the Northeast Region. There will be dancers, actors, singers, culinary masters and other amazing individuals anxious to share what they're good at.

If you know someone who is interested in participating in this event and sharing a skill they are proud of, then please contact **Rick Camara** at:

**rick.camara@mass.gov**

or

**(978) 207-2034**

Please include the person's name, the agency they are affiliated with, a contact name for correspondence and the skill or ability they would like to showcase. **Please RSVP early and let us know how many people will be attending.**



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**We help you hire the people you need!**

**Rewarding Work** operates an online directory and job board to help individuals and families find and hire care-givers. Established as a non profit in 2004, **Rewarding Work** was the first web-based matching service directory in the nation to focus exclusively on assisting people of all ages with disabilities. In 2018, **Rewarding Work** became an affiliate of Toward Independent Living and Learning, Inc. (TILL), a comprehensive human service agency based in Dedham, MA.

Through our accessible, interactive website, individuals and families can find respite, in-home and community support workers from a searchable database. The directory allows families and job applicants to match their interests and locations based on carefully designed criteria to ensure successful matches. The website also includes a job board, where individuals and families may post an ad detailing their specific job needs and receive email responses from interested applicants. The job board is free of charge to **Rewarding Work** subscribers.

To learn more, visit: [www.RewardingWork.com](http://www.RewardingWork.com)

**Use access code [ddsconnect](#) to subscribe for free!**



## 2019 Central/West Regional Human Rights Forum

### THE EXPRESSION EXPO by: Teka Harris

On Friday, August 16, 2019, the DDS Central/West Region hosted the **Expression Expo**. This event was sponsored by the DDS Office of Human Rights and the Central/West Regional Diversity Committee. The United Arc was a major contributor to the event, supporting 5 presenters to attend. The theme of the event was “hidden talents,” and the goal was to showcase the abilities and gifts of people with physical, intellectual and developmental disabilities. Vendors, all with different abilities and challenges, shared their creations and crafts. Jeff Granger, a wood-turner who because of a stroke, lost the use of his right and dominant hand, brought an array of items he crafted using his left and non-dominant hand. Elizabeth (“Liz”) Rivera, brought some of her finest beaded crafts. Liz is also a Reiki Master Teacher and later demonstrated how she channels energy within a person’s body to relieve stress and create calm during a Reiki session.



Ross McNamara, an apiarist who works on a farm, harvested and shared honey from his own hive. Ross also spoke about his first encounter with a bee, and the moment he knew he wanted to explore professional beekeeping.

The Keynote speaker, Susan Banks, inspired the audience to explore their own inner gifts and talents. During her speech, Sue encouraged each person in the room to stand in front of the microphone to proclaim an aspiration and publicly announce the goal they wanted to pursue.

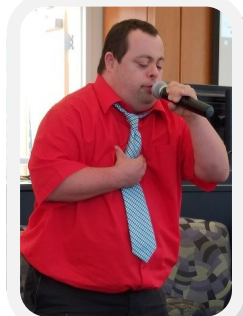


The Mistress of Ceremonies was Kat Stone, who guided everyone through the program and shared her own goal to conquer her fear of public-speaking. Kat now aspires to teach human rights advocacy abroad.



Ben Levy, owner of Amherst Dog Wash, shared his personal venture developing the dog-washing business. He offered advice to others looking to start a business. Ben was accompanied by his dog, Luna.

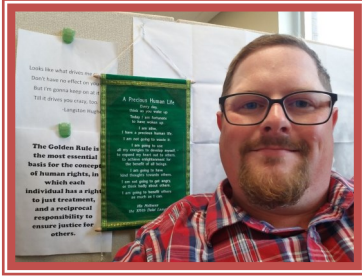
Francis Campbell sang his rendition of “Hero,” by Mariah Carey, after which he spoke about what inspires him to sing and how his desire to make others smile motivates him to perform.



After lunch, a panel of speakers shared their own personal stories and gave advice to audience members who were looking to explore their own talents, find new hobbies and pursue their dreams. The event was a major success with approximately 75 people in attendance.

*The DDS Office of Human Rights and the Central/West Regional Diversity Committee would sincerely like to thank to everyone who made this event possible and all who attended.*

## Ask Nate...



**Nate Hoover**  
Human Rights Specialist,  
Southeast Region

### **“Is it okay to have a separate “staff kitchen” at the day program where I work?”**

My opinion is that designating any area as “staff’s,” perpetuates the alienation of individuals with disabilities and is contrary to the principles of inclusion, integration and equality, which we in the human services realm strive towards. While I’m mindful of the fact that staff might need a place to store personal items, or a space to complete certain administrative tasks, I think creating a designated “staff-only” space sets an undesirable tone. As a former day habilitation program director, I am definitely familiar with this issue. It’s a tricky subject, but if we remember that our goal as caregivers and supporters is to help people to live ‘a life like any other’ in the least-restrictive environment possible then it becomes clearer.

If I were making the decision about a “staff kitchen,” then I’d ask myself: How would I feel if the staff supporting me did not use the same appliances and utensils as me? How would I feel watching my staff prepare their own foods in a room that was off-limits to me? I’m guessing that I might feel resentful and angry. I’d definitely feel shunned and excluded. I’d probably feel ashamed.

Despite a history of being segregated and excluded, people with disabilities have relentlessly fought for equal rights, inclusion, fair treatment and respect. Unless there were a specific and compelling reason to restrict a person’s access to a particular room or area within their home or day program (such as for a person with Prader Willi Syndrome who might require a higher level of support and supervision around food items), would a designated “staff-only” space support this fight? A staff-only kitchen is not a necessary component of a day habilitation program and before creating one, a provider should consider the message a space such as this might send to the people attending the program who would not be able to access it.

## Cameron's Coffee & Chocolates



**Founders:** Cameron Graham with her parents, Jim and Ellen

**Cameron’s Chocolates** are made with love and devotion by a wonderful group of young adults and volunteers. Our community includes young adults who have special needs and share a love of life and an appreciation for the opportunity for meaningful employment.

Culinary professionals, students and a wide circle of volunteers join them in a collaborative and joyful effort. We promise you’ll taste the love in every single bite!

Cameron’s Coffee & Chocolates is located in Fairfax, Virginia. It is the first business enterprise of the non-profit foundation **Every1CanWork**. Cameron’s Coffee & Chocolates opened its doors on October 1, 2013. For product information and online ordering options, visit:

[every1canwork.com](http://every1canwork.com)



# 2019 Northeast Regional Human Rights Forum

## Human Rights at Halloween by: Becky Christie



On 10/30/19, the **Human Rights at Halloween** event took place at Bridgewell in Peabody. The event was sponsored by the DDS Northeast region, Massachusetts Standing Strong (MASS) self-advocacy group and Bridgewell. More than 50 people attended this event. Costumes were optional, but most people opted to dress up. Self-empowerment was the theme and attendees were encouraged to explore and share their own personal visions and goals. They also learned how to ensure that their visions and goals were incorporated into their Individual Support Plans (ISPs).

Opening words were offered by Kelly Lawless, Northeast Regional Director and the event kicked off with a discussion about bucket lists. Everyone participated in the discussion, then posted their own bucket list items to the wall for others to see. Goals were personal, meaningful and unique. Vacations in Australia, Africa and other exotic places; meeting Tom Brady; attending a Patriots' football game; starting a business; attending the Olympics; meeting more people; going fishing—these were just some of the many things people wished they could do.



After sharing their bucket lists with each other, attendees were encouraged to speak up during their upcoming ISP meetings to share their lists and ensure their teams were aware of what they wanted to accomplish.

Before lunch, Donna Jay, a well-known and highly-respected self-advocate and her supporter, Wanda Burns along with Becky Christie, the Northeast region's Human Rights Specialist, provided a workshop on how to prepare for an ISP meeting and what to say if members of the ISP team were not listening or considering the person's wants and needs.

Following the workshop, groups of attendees worked together to prepare skits about problem-solving and speaking up. After lunch, each group performed its skit.

The final speaker was Bridgett Crowley, the Northeast region's MASS Coordinator, who spoke to the group about the importance of giving back to one's own community by volunteering, joining a group and/or donating to a local charity.



As a parting gift, each person received a "help deck" of cards, which displayed statements such as, "Ask me. It's my life." The cards were designed by a group of self-advocates who wanted to help those with difficulty speaking up to actively participate in their ISP meetings and feel empowered to advocate for themselves.

The event was fun, uplifting and inspirational. Attendees were armed with tools and resources necessary to explore their visions, set meaningful goals and achieve their dreams. Most importantly, attendees were reminded about the power and impact of their own voices, and how to use their voices to make positive changes in their lives.

## SAVE the DATES

**15<sup>th</sup> Annual!!!**

### **"Focus" on Vision Impairment & Blindness Conference**

Meeting the Needs of Individuals with  
Intellectual Disability & Vision Loss

**March 11, 2020**

**8:00 am - 3:30 pm**

**Four Points by Sheraton, Norwood MA**

For registration information use the following link:

[focusonvisionandvisionloss.org/conferences--workshops.html](http://focusonvisionandvisionloss.org/conferences--workshops.html)

**39th Annual**

### **Brain Injury Conference**

**Wednesday, March 25, 2020 (half-day)**

**Thursday, March 26, 2020 (full day)**

Best Western Royal Plaza Hotel & Trade Center  
Marlborough, MA

For more information: [education@biama.org](mailto:education@biama.org)

**To reach the HRAC or the Rights Review contact:**

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**Senior Human Rights Specialist**

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Springfield, MA 01104

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[teka.j.harris@state.ma.us](mailto:teka.j.harris@state.ma.us)

## Disability Mentoring Day



From left to right: Secretary Marylou Sudders, Joseph Canto and Frances Nwajei

On October 16, 2019, the first annual **Disability Mentoring Day at the Statehouse** was held. This event promoted career development for students and job-seekers with disabilities through hands-on career exploration and on-going mentoring relationships. Staff from the Massa-

chusetts Rehabilitation Commission, the Department of Developmental Services, the Massachusetts Commission for the Blind and the Massachusetts Commission for the Deaf and Hard of Hearing joined together to offer career guidance and job opportunities in inclusive workplaces for people with disabilities. Frances Nwajei, Director of the DDS Office of Human Rights and Joseph Canto, Data Analyst for the Office of Human Rights, represented DDS at the State House event.



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## 2019 Metro Regional Human Rights Forum

### Advocacy Through Art by: Jen Benoit

**Advocacy Through Art**, an inclusive art show, was held November 21st through December 13th in Watertown, MA. Jennifer Benoit, the DDS Metro Regional Human Rights Specialist, along with the Metro Regional Cultural Diversity Committee, partnered with the TILL (Toward Independent Living and Learning) Wave Gallery to create this spectacular event.

The call for art spread widely and submissions were received from many groups. People receiving DDS supports, Direct Support Professionals, educators from local universities and schools, international human rights activists and a mental health advocate working on their PhD were just some of the artists showcased.

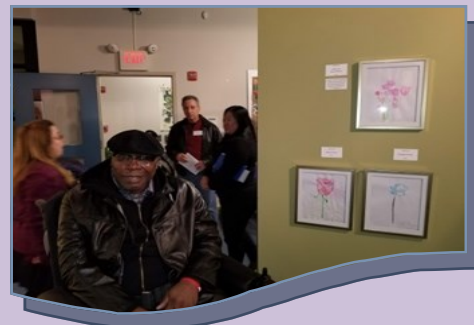
The event was a huge success setting a local record for the largest number of people to attend an opening at the TILL Wave Gallery. On opening night, each artist stood proudly beside their work and spoke about what inspired them to create the pieces they chose to display:



**Emily Bill:** "I make art to help people to get to know me and the things that I am capable of doing."



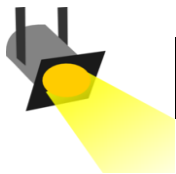
**Jeffrey Paquette:** "My painting represents the brave person that I am to face the challenges I am presented with due to my vision impairment."



**Clifford Parris:** "Flowers represent love, friendship, happiness, grief, and forgiveness. But most of all beauty. My art represents the beauty of flowers and the happiness it brings to people."



**Christian Ortiz:** "I'm super-passionate about art and black-empowerment. A lot of my pieces are focused on the history of my people. I believe that art can speak a thousand words, so through each piece the main focus is to highlight 'the strength in the history of the black community.'"



## Provider Spotlight

by: Teka Harris



The United Arc stands by its mission to promote choice, inclusion and independence for people with intellectual and developmental disabilities. Located in Greenfield and Turners Falls, The United Arc is an affiliated chapter of The Arc of Massachusetts and The Arc of the United States, providing intensive group residential services, as well as Shared Living and Adult Family Care to individuals who cannot live alone because of medical, physical and/or cognitive challenges. The United Arc also offers personalized and flexible Individual Home Supports to support people to live at home with their families.

The United Arc's website, [theunitedarc.org](http://theunitedarc.org), is chock-full of activities and events to promote community integration and provide meaningful opportunities for people supported by the agency to meet others with and without disabilities and become valued members of their communities.



In addition to the wide array of learning events and leadership-development opportunities for teens and adults, the United Arc sponsors two self-advocacy groups, the **Frontier Club** and the **Pioneer Club**, for

adults with intellectual and developmental disabilities who are looking to join a social network of peers to discuss important issues and how to get their voices heard.



The United Arc is also a staunch advocate for the performing arts, and supports people to find avenues and outlets to share their stories creatively and artistically through music, dance, acting and other forms of self-expression. In partnership with the **Inclusion Theatre Troupe**, The United Arc provides a safe, empowering and fun space for people interested in performing arts to develop and share their talents with others. For more information about the **Inclusion Theater Troupe**, please contact Alex DeMelo, Program Advisor at: [usabrazilalex@gmail.com](mailto:usabrazilalex@gmail.com).



For more information about the **Pioneer Club** and **Frontier Club**, contact Karen Thomas, Community Inclusion Specialist at: [karenthomas@unitedarc.org](mailto:karenthomas@unitedarc.org)

*The DDS Office of Human Rights would like to sincerely thank the United Arc for supporting the 2019 Central/West Regional Human Rights Forum (page 5). A number of talented artists who participated in the forum receive residential and/or day services from the United Arc.*

# 2019 Southeast Regional Human Rights Forum



## Navigating the Social Landscape

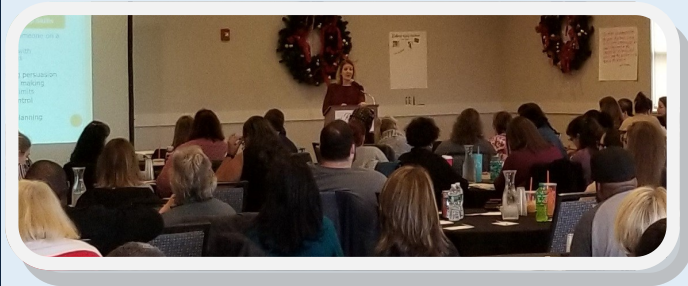
A HUMAN RIGHTS FORUM

DEDICATED TO THE EDUCATION OF  
HUMAN RIGHTS OFFICERS

By: Nate Hoover

On December 10<sup>th</sup>, **International Human Rights Day**, the Southeast region held its 2019 Human Rights Forum. This year was different than years past in that the focus was specifically the training of Human Rights Officers. One-hundred fifty Human Rights Officers heard from experts in the field and left with tools they could immediately use in their roles as trainers, teachers and role models for human rights.

Erin Baisler, Disability Outreach Coordinator for New Hope, Inc., and Jenn Adams, Director of Community Services and Outreach for the Arc of Bristol County spoke about the importance of helping people who receive supports to understand what it means to be treated with respect and dignity, how to recognize when that is not happening and how to respond.



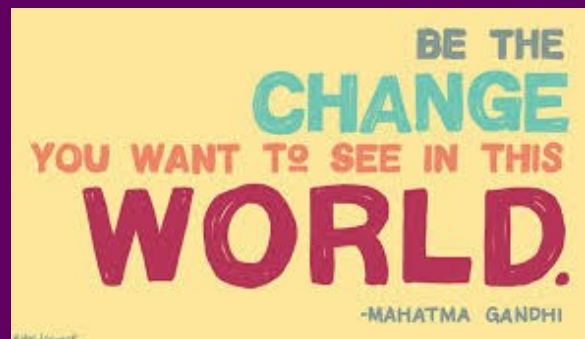
Kayla Condon, pictured above, sexuality educator and DDS Quality Enhancement Specialist offered ideas and best practices for supporting others to develop safe and meaningful relationships. Kayla also challenged everyone to think more deeply about the types of relationships we develop and how they impact our lives. Nate Hoover, DDS Human Rights Specialist, spoke about the role of the guardian in supporting a person to develop relationships and experience intimacy. Mary Ellen Goodwin, sexuality educator with Sexual Advocates for Education (S.A.F.E.) and from CapeAbilities, a non-profit organization in Cape Cod, spoke about online and social media safety, and shared tips for supporting people to recognize potential dangers and risks when using online chatrooms and dating sites.



From left to right: Kate Robery, Lisa Pedrotti and Tommy Pruvot

The day ended with a conversation with Lisa Pedrotti and Tommy Pruvot, representatives from the Foxboro Rainbow Support Group, who shared their own positive experiences as members of a network of people who struggle to overcome societal biases and other challenges with respect to sexual identity and sexual preference. Accompanied by Kate Robery from BAMSI and Jennifer Gay from Southeastern Residential Services, the group also spoke about how finding a safe place to talk about topics that are often taboo has benefited their lives.

All in all, the event was a huge success. Congratulations to the DDS Office of Human Rights and the Southeast Regional Learning and Development team. Thank you to the presenters, sponsors and volunteers. We are especially thankful to all who attended. We look forward to seeing you at next year's forum.



## Top Tips

### Supporting Others to Achieve

By: Teka Harris

If you have ever set out to achieve a meaningful goal, then you understand how difficult the journey can be. Many of us quit before we even take the first step. Whether it's losing weight, finding a new job, saving money or falling in love, we've all experienced a fail or two...or three.

Setting a goal can be fulfilling, motivating and fun; pursuing a goal is a different story. Setbacks, slow or minimal progress and lack of focus are just three of the obstacles we often encounter during pursuit of a goal. These obstacles can be discouraging and can sometimes lead to feelings of inadequacy and hopelessness. With proper planning and appropriate supports, however, even the most grandiose goal can become realistic and attainable.

As caregivers, advocates and supporters, it is important to recognize and understand the needs of others. It is also important to learn how to support others to get their needs met. Here are some tips for helping others to realize their dreams and pursue their goals:

**1. Discuss what is meaningful to the person and what they aspire to do:** Have a discussion with the person about their values and aspirations. Ask questions that will lead the person to think about what is most important to them. For example:

- What types of activities do you enjoy?
- Where would you like to live?
- What would you like to do for work?
- What would you like to learn to do?

**2. Help the person to be as specific as possible to set a realistic goal that is achievable:** Ask questions that will lead the person to clearly define what it is they want to accomplish. Help the person to identify what is necessary to reach their goal and recognize when their goal has been met.

**3. Write it down and outline a plan:** Help the person to outline steps toward goal achievement by breaking the goal down into smaller objectives. Write these steps down so that the person is able to refer back to and follow the plan. Also, encourage the person to consider adding a sensible timeline or deadline to measure progress.

**4. Discuss potential obstacles:** Help the person to prepare for potential setbacks and challenges. Discuss scenarios involving obstacles and offer suggestions for responding to them.

**5. Monitor progress:** Check in with the person to measure progress and help the person to understand how far they have come since setting the goal.

**6. Modify goals, if necessary, to address setbacks or lack of progress:** If progress is unexpectedly slow, or if the person is not progressing at all, then help them to reevaluate their goal and make the necessary changes to promote progress. This might include extending the deadline to achieve the goal. It might also include adding a step to the plan, which would teach a pre-requisite skill needed to overcome the obstacle.

**7. Celebrate even the smallest achievements:** Help the person to recognize and celebrate any progress made along the way. This is one way to support the person to stay motivated and driven to achieve a long-term goal.

Helping others to achieve their dreams can be extremely rewarding and fulfilling. It can also motivate us to self-reflect and explore some of our own aspirations. We all need support from time to time, and finding the right supports can make the difference between success and failure. With realistic goals, a well-developed action plan and the right kinds of supports, we can all begin to experience success and be on our way to achieving our greatest dreams.

#### DDS Human Rights Advisory Committee (HRAC) current members:

Chair – Diane Iagulli

Vice Chair – Hillary Dunn Stanisz

Cheryl Authier

Emily Bill

Paula Burdette, RN

Karen Carpenter

Ann Dorr

Kelli Hyland

Michael Weir

*If you or someone you know would like to attend or become a member of the DDS Human Rights Advisory Committee, then please contact **Frances Nwajeri** at (617) 624-7782 for additional information.*

## Department of Developmental Services Office of Human Rights

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REGION	CONTACT INFORMATION	AREA OFFICES AND DEVELOPMENTAL CENTERS
Central/West	<p><b><u>Teka Harris</u></b></p> <p>Sr. Human Rights Specialist  DDS Central/West Region  140 High Street  Springfield, MA 01105  Phone: (413) 205-0892  1-(800) 328-3123 x 0892  <a href="mailto:Teka.J.Harris@state.ma.us">Teka.J.Harris@state.ma.us</a></p>	<p>Berkshire, Franklin/Hampshire,  Springfield/Westfield, Holyoke/Chicopee,  South Valley (<i>Milford &amp; Southbridge locations</i>), North Central, Worcester,  Templeton Developmental Center</p>
Northeast	<p><b><u>Rebecca Christie</u></b></p> <p>Human Rights Specialist  DDS Northeast Region  Hogan Regional Center  P.O. Box A  Hathorne, MA 01937  Phone (978) 774-5000 x 528  <a href="mailto:Rebecca.Christie@state.ma.us">Rebecca.Christie@state.ma.us</a></p>	<p>Lowell, Merrimac Valley, North Shore,  Metro North, Central Middlesex &amp; Hogan  Regional Center</p>
Southeast	<p><b><u>Nate Hoover</u></b></p> <p>Human Rights Specialist  DDS Southeast Region  151 Campanelli Drive, Suite B  Middleboro, MA 02346  Phone: (508) 866-8916  <a href="mailto:Nathan.Hoover@state.ma.us">Nathan.Hoover@state.ma.us</a></p>	<p>Brockton, Taunton/Attleboro, Fall River,  New Bedford, Cape/Islands, Plymouth,  South Coastal &amp; Wrentham Developmental  Center</p>
Metro	<p><b><u>Jennifer Benoit</u></b></p> <p>Human Rights Specialist  DDS Metro Region  465 Waverley Oaks Road,  Suite 120  Waltham, MA 02452  Phone (781)788-5261  <a href="mailto:Jennifer.R.Benoit@state.ma.us">Jennifer.R.Benoit@state.ma.us</a></p>	<p>Newton/South Norfolk, Middlesex West,  Charles River West, Greater Boston</p>